

Domestic

By MAUREEN.

Cheese Dishes.

Meat is wholesome and relished by most persons, yet it is not essential to a well-balanced meal, and there are many housewives who for one reason or another are interested in lessening the amount of meat which they provide or to substitute some other foods for it. The problem with the average family is undoubtedly more often the occasional substitution of other palatable dishes for the sake of variety, for purposes of economy, or for some other reason than the general replacement of meat dishes by other things.

Foods which are to be served in place of meat should be rich in protein and fat, and should also be savory. Cheese naturally suggests itself as a substitute for meat, since it is rich in the same kinds of nutrients which meat supplies, is a staple food with which everyone is familiar, and is one which can be used in a great variety of ways. In substituting cheese for meat, special pains should be taken to serve dishes which are relished by the members of the family. A couple of recipes for dishes which contain cheese are given here. They are preceded by a recipe for a cheese sauce, which, as will appear, is called for in the preparation of some of the more substantial dishes.

Cheese Sauce No. 1.—One cupful of milk, two tablespoonfuls of flour, one ounce of cheese (one-fourth cupful of grated cheese), salt and pepper. Thicken the milk with the flour, and just before serving add the cheese, stirring until it is melted. This sauce is suitable to use in preparing creamed eggs, or to pour over toast, making a dish corresponding to ordinary milk toast, except for the presence of cheese. It may be seasoned with a little curry powder and poured over hard-boiled eggs.

Cheese Fondue No. 1.—One and a-third cupfuls of soft, stale breadcrumbs, six ounces of cheese (one

and a-half cupfuls of grated cheese or one and a-third cupfuls of cheese grated fine or cut into small pieces), four eggs, one cupful of hot water, one-half teaspoonful of salt. Mix the water, breadcrumbs, salt, and cheese; add the yolks thoroughly beaten; into this mixture cut and fold the whites of eggs beaten until stiff. Pour into a buttered baking-dish, and cook 30 minutes in a moderate oven. Serve at once. The food value of this dish, made with the above quantities, is almost exactly the same as that of a pound of beef of average composition and a pound of potatoes combined.

Cheese Fondue No. 2.—One and a-third cupfuls of hot milk, one and a-third cupfuls of soft, stale breadcrumbs, one tablespoonful of butter, four eggs, one-third pound of cheese (one and a-third cupfuls of grated cheese or one cupful of cheese cut into small pieces), one-half teaspoonful of salt. Prepare as in previous recipe. The protein value of this dish is equal to that of one and a-half pounds of potato and beef, the fuel value, however, being much in excess of these. In making either of these fondues, rice or other cereals may be substituted for breadcrumbs. One-fourth cupful of rice measured before cooking, or one cupful of cooked rice or other cereals, should be used.

Things to Remember.

Even delicate glass may be safely washed in very hot water if slipped in edgewise.

Sour milk will remove ink stains. Change the milk often until the stain disappears. Afterwards bleach in the sun.

Soda should be rubbed on cream spots on linen before it is washed, to remove the heavy grease stain.

To remove red ink stains from table linen, spread freshly-made mustard over the stain, and leave for about half an hour. Then sponge off, and all trace of the ink will have disappeared.

Maureen

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